

November/December 2008

Clinton Township

Senior Adult Life Center



Community Sewing



Henry Ford Macomb



Kiwanis
Holiday Baskets



RSVP - Giving Back



Senior Center
MSD Homeless Education
Project Giving Tree

Seniors Giving Back to Our Community

Dear Senior Center Members & Friends:

We just can't believe that another summer has come and gone so rapidly! We had record numbers of seniors participating in our leagues, events and classes.

Special congratulations need to go out to our Senior Olympians, our Senior Softball League and Tournament Champions as well as McKenny's Mechanics - our softball champs. You sure made us proud...Go Team!!!!

Dances continue to be a big hit along with our monthly senior speed dating parties. The programs have been so popular, they were recently featured in the Detroit Free Press. We plan on resuming speed dating parties after the holidays. If you want to participate be sure to sign up quickly as they sell out immediately.

The senior walking path behind the building is slated to get a well deserved face lift this fall with Community Development Block Grant Funds. We all look forward to a fresh new look as the path will be resurfaced for your hiking, biking and walking enjoyment.

As time permits this winter, we are planning some painting in the main facility. We hope to add some color to spruce things up a bit!

The Grand Pasta Fest at Fern Hill was so much fun. We can't thank you enough for supporting such a worthwhile fundraiser that directly benefits the center. To those that gave of their time to volunteer - thank you, thank you, thank you! Please be sure to patronize the businesses that helped to make the fundraiser so successful. George Development, LLC served once again as our Platinum Plus sponsor, Baker College stepped up as our Platinum sponsor and Resurrection Funeral Home as always jumped right in and helped with all aspects of the event. A full list of sponsors is available on page 19. Last but not least, I can't thank enough the senior center staff for all of their hard work - without them it would not have been possible.

A Few Friendly Reminders...

INCLEMENT WEATHER:

Just a reminder with winter rapidly approaching....if Chippewa Valley Schools are

closed due to inclement weather, the senior center will be closed for ALL day and evening programs.

BEVERAGES:

Beverages spills have been very, very destructive to the carpeting at the center. We have the carpet cleaned regularly, but it is very costly. In order to keep costs down, please be sure to report any spills immediately so we can have them cleaned up before they stain the carpet. Lids are available and necessary to keep the spills to a minimum. WE NEED YOUR HELP in order to keep the center clean.

MEMBERSHIP BADGES:

Membership badges are now required for programs at the Senior Center. Membership badges are necessary for others to get to know you as well as in case of an emergency. If you have misplaced your badge, please come and see the front desk to purchase a replacement.

GIVING BACK TO OUR COMMUNITY:

November is a month where we remember and celebrate all that we are thankful for. There are more and more people that need our help right here in our own community. We have once again collaborated with the Clinton Valley Kiwanis Club & the MISD Homeless Education Project to do our part in giving back! Please take a moment to see pages 20 and 21 for a description of how you can help us help those in need.

The entire senior center staff wishes you and your family a wonderful holiday season and happy New Year!

*Happy Holidays from the
senior center staff,*

*Matt, Debbie, Maria,
Donna, Melissa,
Wanda, DeVera
and Linda*

Clinton Township Senior Adult Life Center

November/December 2008 • Monday-Friday 8:30 a.m-4:30 p.m. • (586) 286-9333

HOW TO REACH US



Clinton Township Senior Center

40730 Romeo Plank Road
Clinton Township, MI 48038
www.clintontownship-mi.gov

Ph: (586) 286-9333 Fax: (586) 286-8757

Volunteer operators are standing by to direct your calls. Mon.-Fri., 9a.m.-4p.m.



Matt Makowski	Director	Ext. 8121
m.makowski@clintontownship-mi.gov		
Debbie McClellan	Asst. Director	Ext. 8120
d.mcclellan@clintontownship-mi.gov		
Maria Clevio	Office Manager	Ext. 8134
m.clevio@clintontownship-mi.gov		
Wanda Vasko	Sports/Fitness	Ext. 8076
w.vasko@clintontownship-mi.gov		
Donna Tinker	Programmer	Ext. 8125
d.tinker@clintontownship-mi.gov		
Melissa Riesterer	Receptionist	286-9333
m.riesterer@clintontownship-mi.gov		
Linda James	Transportation	286-9476
transport@clintontownship-mi.gov		
DeVera White	Transportation	286-9476
transport@clintontownship-mi.gov		
Jules Baumer	Sherita Thompson	
SMART Bus Drivers		

Our Mission

To dispel the myths of aging by supporting older adults in their pursuit of a lifestyle that nurtures healthy and productive living.

Township Offices

40700 Romeo Plank Road
Clinton Township, Michigan 48038
(586) 286-8000



Robert Cannon	Supervisor
Dennis Tomlinson	Clerk
William Sowerby	Treasurer
George Fitzgerald	Trustee
Ernie Hornung	Trustee
Dean Reynolds	Trustee
Joie West	Trustee

Sports Numbers



Basketball - ©	Dan Palmer	286-8631
Boccie - ©	Rosie Kanouse	752-9796
Bowling - (w)	Diane Carr	465-5948
Bowling - ©	Ron Chalas	598-4806
Bowling - (m)	Tom Buback	228-2429
Golf - (m)	Walt Yunke	566-3397
Golf - (w) Fri.	Beverly Gattari	263-9253
Golf - (w) Thurs.	Betty Riegel	465-1432
Horseshoes - ©	Frank Cusumano	226-8949
Pickle Ball - ©	Don Kolke	293-8592
Softball - (m)	Bill Trainor	468-2968
Softball - (m)	John Charlie	263-4376
Softball - (m)	Dave Skiver	286-1883
Shuffleboard - ©	Arlene Biggs	263-6616
Tennis - ©	Pattie Duquette	469-7000
Volleyball - (m)	Russ McClarren	412-0948
Volleyball - ©	Norm Southlea	228-9814

(m)=Mens (w)=Womens ©=Co-ed



Numbers of Interest

Macomb Department of Senior Citizen Services	(586) 469-6313
Chore Services	(586) 469-6964
Congregate Meal Programs	(586) 469-5228
Clinton Twp. Loan Closet	(586) 263-8437
Emergency Food	(586) 469-6004
Meals on Wheels	(586) 469-5228
Energy Programs	(586) 469-5228
Area Agency on Aging 1-B	(248) 357-2255
29100 Northwestern Hwy.	1-800-852-7795
Suite 400	TDD (248) 263-1455
Southfield, MI 48034	www.aaa1b.com

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Please register for all
Classes and Programs

SENIOR SERVICES

ASK THE LAWYER

No Charge

(By Appointment – Membership required)

Mondays Nov. 17 & Dec. 15 1:00-3:00 p.m.

Sam Trentacosta, retired lawyer and judge will advise you on what steps to take to solve a legal problem that you may have. It must be your own problem and not that of another person. You may not need a lawyer at all and if you do, he will direct you on how to proceed. He will answer questions on probate matters, real estate, workers disability, and personal injury as well as other legal problems. **DO NOT make an appointment if you have already consulted an attorney.**

MEDICARE/MEDICAID ASSISTANCE (By Appt.)

Tuesdays Nov. 25 & Dec. 9 9:00-11:00 a.m.

Shari Capozzoli, our trained counselor from the Area Agency on Aging will provide info. and answer any questions you may have regarding Medicare and Medicaid coverage. In addition, info will be supplied regarding supplemental insurance plans. If you are currently having a problem with a doctor or hospital bill, make an appointment and bring any pertinent paperwork with you. This service is provided by the Area Agency on Aging.

DON'T KNOW WHERE TO TURN?

Need to locate some resources? Just dial 2-1-1 for over 7,000 services that the United Way can refer you to. This is a free call and service. Cell phone users can dial 800-552-1183.

LOSE YOUR NEWSLETTER? DON'T WORRY!

Just go to www.clintontownship-mi.gov – Click on "Senior News". It's on the left side of the page.

MEMBERSHIP GUIDELINES

Membership is open to all eligible individuals ages 55 and over, single or married. If one spouse is 55 and a member, the other may be younger. A valid State of Michigan photo ID is required for membership. **Lifetime Membership fee:**
Resident—\$40/single, \$60/couple;
Non-Resident—\$80/single, \$120/couple.

MEMBERSHIP BADGE REPLACEMENTS

- If by chance you have misplaced your official
- badge, come to the reception desk and we can
- make you a replacement for \$1.00. A photo ID is
- required for us to verify membership.

SENIOR SCHOLARSHIPS

- Scholarships are available for those who meet
- minimum income guidelines.

SENIORS SURFIN' THE NET

- Please stop by to use our INTERNET Service. We
- have 3 computers for your convenience.
- (9:00 a.m.-4:00 p.m., Mon.-Fri.)

COPY MACHINE

25¢ per page

- Need a copy of a document? Bring it on in.
- Copyrighted material is prohibited for duplication.

SNACKS

50¢

- You never know when you are going to get the
- munchies! We have a variety of goodies for
- purchase. Salty, Sweet and everything in between!

SMART BUS TRANSPORTATION CORNER

- Office: 286-9476, 8:30 a.m.-12:30 p.m.
- After office hours EMERGENCY: 468-0577
- Senior Center: 286-9333
- Transportation available M-F, 9:00 a.m. to 4:30 p.m.
- Fee is \$1.00 per way or 1 smart bus ticket per way.

BEVERAGE SERVICE

25¢

- Why not enjoy a steamy cup of coffee, hot tea, or
- a cool and refreshing Pepsi product. Beverage cups
- can be obtained at the reception desk between
- 9:00 a.m. and 4:00 p.m. Cold, bottled water
- available in the Fitness office for \$1.00.

LOAN CLOSET

No Charge

- The Clinton Twp. Fire Department has wheelchairs,
- walkers, canes, crutches and other items available
- for residents to use. They LOAN this equipment at
- no cost. Please contact the Fire Department
- directly at 586-263-8437 for more information.

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CARDS for MEMBERS

Our membership fees are used to operate this facility. **We require that all players become members** to help defray the increasing costs of utilities, supplies and necessary operating expenses. Thank you for your understanding. Rosters will be kept for each group playing at the center.

MONDAY

DUPLICATE BRIDGE 11:30 A.M.
(must have partner for duplicate bridge)
PINOCHLE NOON
PROGRESSIVE EUCHRE 6:30 P.M.

TUESDAY

DUPLICATE BRIDGE 1-3 P.M.
NEW GROUP – PRACTICE BRIDGE 1-4 P.M.
500 6:30 P.M.

No evening cards December 2.

WEDNESDAY

PARTY BRIDGE 9:15 A.M.
PINOCHLE 1:00 P.M.
PROGRESSIVE PINOCHLE 6:30 P.M.

THURSDAY

EUCHRE 1:00 P.M.
No evening cards.

FRIDAY

PINOCHLE (1ST FRIDAY)** 1:00 P.M.
***Limited to 16 Members due to room size.*

PROGRESSIVE PINOCHLE 6:30 P.M.

SATURDAY

500 12:30 P.M.

Practice Bridge is a new group...

If you are new to the game of Bridge or a little rusty and need some practice, why not join us for a fun, informal game on Tuesday afternoons from 1:00-4:00 P.M. For more info call Nadia @ 586-286-0521.



FYI: If the center is closed for a holiday or weather emergency... there will be NO evening cards. If in question... call before you come!

Back by Popular Demand!

- **Euchre for Rookies** Tuesdays 1:00-3:00 p.m.
- **RSVP @ Front Desk** First 12 players
- **NEW CLASS WILL BEGIN IN LATE JANUARY!**

- Join Jay and Sam to expand your social horizons by learning to play Euchre. These 8 sessions will introduce you to this relatively simple but fascinating card game. Learn basic offense and defense techniques to this fun, quick game. (Only 5 tricks per hand.) Bring your willingness to learn, questions and curiosity! Members will play and practice against other beginners.

- **New Evening Class!** Thursdays 7-10 p.m.

- **Modern Notrump Bidding**
- **4 wk./ \$20 + \$5 copying fee** Oct. 30-Nov. 20
- **RSVP @ 586-286-9333**

- Learn how to get to your best contract when partner opens with a notrump bid. Course covers use of Stayman and Jacoby when opponents interfere in the auction, ways to show 2-suited hands and long minors, how to use Gerber and how to get to the right game or slam.

Interested in Bridge Lessons??

- **Wednesday, November 26, 2008 10:00 a.m**

- Why not come find out what you've been missing with this exciting game of cards! Jane Hall, our Bridge Expert, will provide you with information and handouts explaining course descriptions. She would love to know what kind of classes that you are interested in, so please come with your ideas. Please RSVP @ 586-286-9333.

Are you interested in having an ACBL

- **sanctioned duplicate bridge game at the center?**

- This is a great way to earn master points! Jane, our bridge instructor, is an accredited Bridge Club Director. The entry fee for this game would be \$5.50 per person. A light lunch and snacks will also be provided. Please register at the front desk if interested.

Clinton Township does not discriminate in any way based on religion, race, color, sex, handicap, familial status, national origin, ancestry or for any other reasons prohibited by law. The Center operates its services, programs and activities so they are readily accessible to and usable by individuals with disabilities. If you would like to participate in one of our programs and require special accommodations, please let us know and we will do what we can to make the appropriate arrangements.

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ONGOING PROGRAMS

Monday

STAINED GLASS \$4 9:30-11:45

Tired of the same old crafts? Why not give the art of stained glass a try? New students are always welcome! No supplies needed to start! Call the front desk and sign up for Madelyn's class today.

GAME TIME 1:00-3:00

Join us for Scrabble, Cribbage, Uno, and other games. All are welcome!

MAH JONG (ASIAN STYLE) 1:00

More info. Contact Shirley @ 586-421-5234.

Tuesday

COMMUNITY SEWING 9:30-11:30

Join Violet and the girls as we help our area charities by utilizing our sewing talents.

Wii™ PRACTICE 9:30-11:00

Come practice your game or learn a new one! This is an informal practice for fun or to prepare you for our Wii™ Olympics!

NEW BEGINNINGS 10:00-12:00

Grief Support

1st Tuesday of the Month (No meeting Nov. 4th)

Join Bobbi Knapp, M.S., L.P.C. from Macomb County Senior Services as she helps you through the grief process. It doesn't matter how long you've been grieving, or for whom, or for what you're grieving. Grief is Grief! And it hurts! Let Bobbi and the group help you through this confusing process. **This is open to all – you need not be a member.**

ALL ABOUT YOU, 10:00-12:30

A Support Group for the Carepartners

3rd Tuesday of the Month

Join Bobbi Knapp and Kathryn Kozlinski, from Macomb County Senior Services, and others like yourself, as we support each other with our caregiving issues. You will get stress relieving tools and emotional support as you develop your coping skills.

This is open to all – you need not be a member.

MAH JONG 12:00

More info. contact Laurie @ 412-8736 or 419-5593.

CROCHETING & KNITTING 12:00-2:30

Come join us as we work on individual and charity projects. We'll tell some jokes and just enjoy each other's company.

CLASSIC LITERATURE 1:00-2:30

Begins Oct. 7th – May. Instructor Jo Breen

KEYBOARD LESSONS "PLAY FOR FUN"

3:00p.m. BEGINNERS **2:00p.m. ADVANCED**

\$30/10 lessons + book fee (Beg. book-\$10, Adv. book-\$14). Learn how to read music & play the keyboard in a fun group setting. Call Grace at 726-6570.

CHESS CLUB 1:00-4:00

Join Mack and others for an invigorating and challenging game of chess. All ability levels welcomed! Please contact Mack at thebigdawg@wowway.com if you are interested in playing or would like to be in a chess tournament!

SONGFEST ~ SING ALONG 2:00

Join our talented pianists, Sister Mary Helen and George for this fun & informal sing along.

CRAFTERS UNITE NEW CLASS 2:00-4:00

Begins November 18

Come join the camaraderie of others as you work on your own projects. All projects welcomed, i.e., scrapbooking, beading, painting, needle work, etc. Call Libby @ 228-9792 for more info.

Wednesday

PLASTIC NEEDLEPOINT 10:00-11:45

Learn to do plastic needlepoint in our craft room. It is fun and easy to learn.

WRITERS AT WORK 10:00-NOON

Join us on the 2nd and 4th Wednesdays of the month. More info. contact Attea at 566-1880.

QUILTING 2:00-4:00

Join us for an afternoon of quilting & sharing with this group of crafty ladies. We would love to see new faces.

SILVER SINGLES 11:00

Join us on the 1st and 3rd Wednesdays of the month if you are looking for exciting activities, occasional day & overnight trips or a new outlet for fun and friendship. Our meetings are followed by lunch at an area restaurant. For more info call 783-5659.

KNIT & CROCHET FOR BEGINNERS 11:00-1:00

Join us on the 2nd and 4th Wednesdays of the month for instruction. Join Dora, Pearl and Barbara to learn this fun hobby. **Classes resume Sept. 10th.**

EDGAR CAYCE 12:00-2:30

Join us on the 1st and 3rd Wednesdays to study the Cayce books I & II – Awakening to the divine spirit in each of us. A positive attitude & sense of humor are assets we value. Call Del @ 586-477-1084.

Thursday

WEIGHT LOSS SUPPORT 9:15-10:30

Join us for support as we lose weight together! We will be using the TOPS program. The cost is a \$24 annual fee with \$4 monthly dues.

New Group

LOW VISION SUPPORT GROUP 10:00-11:30

3rd Thursday of the Month

If you have low vision problems or know someone who does, please share this information with them! We are pleased to have our own Frank Cunningham, a legally blind person of 20 years, facilitate and motivate you as you deal with the difficulties of low vision. Come find out what you've been missing. You may contact Frank with any questions at 586-465-6694. Transportation may be arranged through our transportation office by calling 586-286-9476.

HUMANITIES 10:00-12:00

Enjoy discussing the arts, literature and other topics related to the humanities. More info: call 286-1786 or 226-0782.

CRACKER BARREL 1:30-3:30

Come meet some new friends, share stories and jokes in an old fashioned discussion group in the style of Will Rogers. More info: call Wally @ 228-7412.

Friday

INVESTMENT CLUB 9:30-11:00

Join us for a discussion on investments. Get great tips and come with your thoughts to share. Call Wally @ 228-7412.

WRITE FOCUS 11:00-1:00

Writers who meet every other Friday throughout the year to work on various kinds of writing – including short stories, essays and poetry. Contact Nancy @ 463-0480.

BINGO (WEEKLY) 12:30-2:30

Join us for an exciting, and possibly profitable, afternoon in the old fashioned bingo parlor! Admission card is \$1.00; all other cards 25¢; 50/50 raffle tickets are sold much to the delight of those who play. Advanced scheduled transportation is available for those living in Clinton Twp. This is a friendly, non-smoking environment! We even have music and singing before bingo begins! Seating is 1st come, 1st seated! Every 1st Friday of the month following, we will celebrate you! That is, if your birthday falls in that month! ***Thanks to the Gardens of Clinton for providing our Birthday Cake.***

New Group

JAMMIN' SENIOR STYLE 2:30-4:00

Do you play a musical instrument? Would you be interested in a "Jam Session"? Come even if you're a little rusty. We'll have a great time. Bring your instrument and your enthusiasm! Call Cecil for more information @ 586-790-1220.



Virtual Sports Are Here!

Wii™ Olympics Coming February 11, 2009!!

Wii™ (pronounced WEE)

Join us in a "friendly" competition against some of the local senior centers! We will be competing in Bowling, Tennis and Golf. Please sign up at the front desk for the sport of your choice. Feel free to drop by the center ANYTIME to brush up on your game or come play on Tuesday and Friday mornings from 9:30-11:00 for practice with other players or to learn this fun new game.

Wii™ is a hands on, virtual reality game that you play with controls and a TV. It has gained popularity among young and old alike! This is for all ability levels, it doesn't matter if you are in a wheel chair or if you are a marathon runner, Wii™ is for you!

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NOVEMBER'S SPECIAL EVENTS

Kiwanis Presentation

Tuesday, November 4

10:00 a.m. RSVP @ 586-286-9333

Are you looking for a way to help others in need in our community? The Clinton Valley Kiwanis Club invites you to join us for coffee and muffins to learn what they are all about. They are a non-profit group that assists children and families in need. We are always looking for more members...so come and learn how.

NOVEMBER IS ALZHEIMER'S AWARENESS MONTH

THE AGING BRAIN RSVP @ 286-9333

Monday, November 10, 2008 10:00 a.m.

Dr. Scott Moffat, PhD of Wayne State University's Institute of Gerontology will present an hour long presentation on his research on the aging brain. Dr. Moffat will discuss age-related changes in memory and cognitive function, as well as discuss recent research on how age-related changes in hormone levels may affect cognition.

National Memory Screening Day

Tuesday, Nov. 18, 2008 RSVP @ 286-9333

9:00-11:00 or 12:00-3:00

Concerned about memory problems? GET SCREENED! Visiting Angels will offer FREE, CONFIDENTIAL Memory Screenings. The screenings will be conducted by Registered Nurses and are a first step toward proper detection and treatment. Please call 586-726-6999 for more information. Walk-ins are also welcome.

Visit www.nationalmemoryscreening.org

Tour of Lee-Ellena Funeral Home

Wed., Nov. 12 Depart 1:30 p.m., Return by 4:00

RSVP @ 286-9333 by Nov. 10, 2008

You never know when that need will arrive so why not be prepared? Come tour the NEW Lee-Ellena Funeral Home with Sarah Lee-Ellena, daughter of our own Bill Lee. Sarah will lead the tour of their funeral home that "doesn't look like a funeral home"! They have thought of everything! It is comfortable, bright and airy, including a childrens' playroom, spacious lounges, intimate cry room, reception suites, outdoor porches and even

- wireless internet! Pastries and coffee will follow the tour. **Please RSVP @586-286-9333. Let us know if you will be driving yourself or taking the SMART bus.** The funeral home is located on the east side of Romeo Plank Rd. just south of 21 Mile.

Attention People with Diabetes!

Join us for Diabetes Day for a FREE diabetes educational seminar!

Monday, November 17th 9:30 a.m.

RSVP at (586) 286-9333 by Nov. 12, 2008

- Do you have questions about your diabetes or glucose meter? Do you suffer from foot pain, burning feet and sore spots associated with diabetes? Attend Diabetes Day, a free educational program brought to you by Great Lakes Medical Supply (GLMS). The program is conducted by a certified diabetes educator and Podiatrist and will cover topics to help you better manage your diabetes such as exercise, portion control and proper foot care. After the lecture, you will have the opportunity to upgrade your glucose meter to a simple and easy meter and speak with the Podiatrist about receiving a foot assessment for a pair of therapeutic shoes and custom insoles. Medicare and most insurance plans cover the cost of diabetes testing supplies and therapeutic shoes. **Every attendee will receive one FREE pair of diabetic socks and a healthy snack will be provided!**

Lunch Bunch...for November

Thursday, November 20, 2008

Depart: 11:00 a.m. Return approx. 1:30 p.m.

- Join Jeanne for a unique dining adventure at Center Stage Restaurant. We're in for a real treat with the Macomb Culinary Institute students showing their talents at this Pacific North West-U.S.A. Buffet. Lunch includes 3 entrees, hot & cold side choices, dessert table & beverage. \$20 includes lunch, tax, tip and transportation. We are limited to the first 18 members that register in person at the center. You must register in advance. FYI: Meet at the center 20 minutes before departure time.

NOVEMBER'S SPECIAL EVENTS (cont'd)

Holiday Tree Trimming Breakfast

Thursday, November 20, 2008

9:30-11:00 RSVP @ 586-286-9333

Join us as we kick off the holiday season with food, fun and fellowship! Pine Ridge of Garfield will provide us with a delicious breakfast. Following our meal, we will decorate **The Giving Tree for our community project for the MISD Homeless students.** This is a free event, but we ask that you bring an item to donate for the kids in our community. Suggested donations: unwrapped gift cards for fast food (due to their homeless status), children's & women's socks, toothbrush & tooth paste, hats, gloves, etc...Last year there were over 514 children from 266 families that were given assistance. This year already, the Homeless project has helped over 90 kids....please help us help them!

Pilgrims Feast Dinner Dance

Thursday, November 20, 2008

Dinner 6:00 p.m.

Dancing 7-10 p.m.

Join us for an evening of Dinner & Dancing to a live band in the gym. Tickets are \$20 per person and can be purchased and/or returned up until the Monday the week of the dance.

Band: Wally Duda

Menu: Call for Menu

A Great Big Thank You to Harbor Chase for providing tonight's centerpieces!

DECEMBER'S SPECIAL EVENTS

Watch Battery Wilma

Monday, December 1, 2008

12:00-3:00

Join Wilma between the hours of Noon and 3 p.m. for watch battery replacements & service. This service is on a 1st come, 1st serve basis. For your convenience, Wilma has watches and jewelry for sale.

Free Glaucoma and Vision Screenings Plus Eye Glass Cleaning and Adjustments

Monday, December 1, 2008

12:00

Millman-Derr Center for Eye Care will provide a glaucoma and vision screening free of charge! In addition to these services, you may bring your glasses in for that overdue adjustment and well needed cleaning! Both of these services will be provided **free of charge.**

Lunch Bunch...for December

Wednesday, December 10, 2008

Depart: 10:30 a.m. Return: Approx. 4:30 p.m.

Join Jeanne for a unique group dining adventure at **Kalloway's** – We'll put you in the holiday mood with a delicious buffet luncheon with

- unlimited choices, along with your favorite
- holiday music and entertainment (with our own
- Fran Badalamente). Cost of \$30 includes buffet,
- tax, tip, entertainment and transportation. We
- are limited to the first 18 members that register
- in person at the center. You must register in
- advance. Meet at the center 20 minutes before
- departure time.

Celebrate the Season!

Thursday, December 11, 2008

11:30 a.m.

\$12 per person

RSVP @ 586-9333

- Join us for a delicious "Christmas Dinner" from
- Dominics Catering followed by a beautiful music
- filled afternoon provided by our own Clinton
- Township resident and vocalist, Trish Shandor, and
- accompanist, Bob Mervak, of the Michigan Opera
- Theatre! Selections will include traditional pieces
- and even a sing along!

- **Menu:** Roast Turkey, Mashed Potatoes w/ gravy,
- Stuffing, Green Bean Casserole, Garden Salad, Rolls
- & Butter and Dessert.

Tree of Remembrance

Sunday, December 14, 2008

2:00 p.m.

- Something special is happening at the Senior Center
- for families and friends in our community who have
- experienced the death of a family member or
- friend. Kaul Funeral Home, in cooperation with the
- Senior Center, is pleased to announce the 20th
- annual "Tree of Remembrance" program. You are
- invited to come to any of the funeral homes
- between the hours of noon and 7 p.m. December
- 6th-13th to place an inscription in memory of your
- loved one on an individual Christmas ornament
- provided by Kaul's. On Sunday, December 14 at 2
- p.m. we will have a formal dedication of the tree &
- candle light ceremony at the Senior Center. Non
- perishable food items will be accepted on that day
- for the Macomb Food Program to help families in
- need. For further information please contact Kaul's
- at (586) 792-5000.

Christmas Aglow Dinner Dance

Thursday, December 18, 2008

Dinner 6:00 p.m.

Dancing 7-10 p.m.

- Join us for an evening of Dinner & Dancing to a
- live band in the gym. Tickets are \$20 per person
- and can be purchased and/or returned up until the
- Monday the week of the dance.

- **Band:** New Dimension a.k.a.Tri City

- **Menu:** Call for Menu

- **A Great Big Thank You to Harbor Chase for**
- **providing tonight's centerpieces!**

Clinton Township Senior Adult Life Center

November/December 2008 • Monday-Friday 8:30 a.m-4:30 p.m. • (586) 286-9333

Please register for all
Classes and Programs

Weekly Fitness Schedule

Monday	Early Risers	8:30-9:00
	Falun Dafa	9:30-11:15
	Fitness Ball	10:00-11:00
	Chair Fitness	10:30-11:30
	Aerobic Fitness	11:30-12:30
	Arthritis Fitness	12:30-1:30
	Int. Tai Chi	1:30-2:30
Tuesday	Early Risers	8:30-9:00
	Yoga	11:00-12:30
Wednesday	Early Risers	8:30-9:00
	Fitness Ball	10:00-11:00
	Zumba	12:30-1:15
	Arthritis	1:30-2:30
	Int. Tai Chi	1:30-2:30
	Beg. Tai Chi	2:30-3:30
Thursday	Early Risers	8:30-9:00
	Weight Training	9:00-9:30
	Chair Fitness	9:30-10:30
	Aerobic Fitness	10:30-11:30
	Yoga/Pilates	11:30-1:00
Friday	Early Risers	8:30-9:00
	Arthritis Fitness	12:30-1:30
	TGIF Workout	1:30-2:30

Course Descriptions

As physically active members of the Senior Center and to ensure your safety, please do not engage in any physical activity without your doctor's permission.

You must wear comfortable clothing and athletic shoes with laces when participating in class.

ARTHRITIS FITNESS or BEGINNERS \$3 Now offered Monday, Wednesday and Friday

Whether you have arthritis or are new to fitness classes, come join Betsy for this class developed by the Arthritis Foundation designed to decrease pain and discomfort while building strength and stamina. Can be done either standing or sitting, and using some light hand weights to relieve stiffness and pain as well as build strength and stamina.

AEROBICS Mon/Thurs \$3
• This low impact exercise program starts out with a fun, energetic cardiovascular workout ending with resistance training that uses weights, bands, and balls. **New members are always welcome!**

CHAIR FITNESS Mon/Thurs \$3
• Seated exercise to strengthen and tone muscles while improving cardiovascular system. This is excellent for people who would like to exercise; however, need to be seated or are just getting started.

**CLINTON SENIOR RIDERS Fridays NO FEE
Resumes in Spring**

• **Join this exciting new group** for a fun filled morning of bike riding. All ability levels and experience are welcome. Make sure to bring your bike helmet, water and a snack. Have your tires aired up and ready to go on a great adventure to various locations around town. Any questions may be directed to Pat at 586-260-6481 or email patricia.yallhill2007@hotmail.com

EARLY RISERS Mon-Fri NO FEE
• Join this lively group for morning walking in the climate controlled gym. Come on in and enjoy the music and companionship of walking with others.

FALUN DAFA Mondays NO FEE
• Oriental meditation can help you release tension and anxiety along with strengthening physical, mental and spiritual bodies. Wear comfortable clothes and bring a towel or mat.

**FITNESS BALL TRAINING Wednesdays \$3
NOW OFFERED MON. & WED.! First Class FREE –**
• **Come give us a try!** Emphasizing balance, control and stability; this course is geared for all fitness levels. Leanna, of TeamFit, will help you strengthen and target not only your abs, but also your midsection and lower back. Additional concentration on upper body by incorporating weight training while maintaining balance on the ball. **The center has limited fitness balls for your convenience.**
• Karla L. said, "It's fun!!! A slow gentle, yet thorough, workout for the whole body. It's great for strengthening. I love it!"

PERSONAL TRAINING

A great new exciting one-on-one program with Betsy, our certified personal trainer, designed to direct and motivate you to reach your fitness goals. These sessions are by appointment only. Please schedule your appointment at the front desk. Session Fees: \$35.00 – 1 hour session
Packaged sessions offered at a discounted rate. You must have a physicians release form on file.

TAI CHI (BEG. & INTER.) Wu Style \$3

Join our beginner's class to learn the basic forms of this ancient non-aerobic art form that will improve your balance, flexibility and well being. Try the beginners and then move into the intermediate. Wear comfortable clothes and flat shoes, preferably without arches.

TGIF WORKOUT Fridays \$3

This energetic class will take you through 20 minutes of a cardio workout followed by 20 minutes of resistance training and ending with 20 minutes of yoga stretching.

WEIGHT TRAINING Thursdays \$3

Bring your own hand weights or use ours and work with Betsy for this 1/2 hour of strength training & toning class.

YOGA Tuesdays \$3

Yoga uses posture, breathing and relaxation techniques to stretch, strengthen and align your body, promoting flexibility, posture and range of motion. Join Karla and you will begin to feel supple again in a short time. Please wear loose fitting clothing and bring your own mat.

YOGA/PILATES Thursdays \$3

If you've been wondering what Pilates is all about, then why not join Betsy for this new class! This class will combine the benefits of Yoga with the core strengthening of Pilates! Please bring your mat but we'll also be using a chair.

ZUMBA Wednesdays \$3

Welcome Betsy Mianeki as your new Zumba instructor! Betsy will lead you through a low impact aerobic/dance workout to the fun and exciting sounds of Latin dance music. You will learn new moves and rhythms while dancing your way to a fitter you! This workout is designed for the active senior. Feel free to rest at anytime during the session as you build your endurance. Please make sure to bring a water bottle and face towel.

Member Testimonials!

Here's what Ian Fraser had to say about our Early Risers morning walking group: "It's a great way to start your day! More of a pick up than a cup of coffee. Before I started walking in February, I weighed 232 lbs. and by the end of August I was at 202 lbs.! My blood sugar went from 124 to 112! It was hard at first, but I kept at it. I now average about 32 laps a day. I try to come about 4 days a week. Not bad for a guy 62 years of age."

Physically Challenged Orientation

In an effort to accommodate all people including those with disabilities, we also have a special training session just for you.

People must specifically request PCO orientation and bring their own mentor/helper as you feel necessary. Appointments for this special PCO must be made in advance.



Swimming for Seniors

Clintondale Community Pool
35300 Little Mack, North of 15 Mile Rd.

Available to Senior Citizens
Monday-Thursday from 4:00-5:00 p.m. The pool has a lift to lower handicapped individuals into the water. More info. call 790-4410



COMMUNITY NOTICE

The Clinton Valley Kiwanis Club is in need of some new members. Kiwanis meetings are held every Thursday morning from 7:45-8:45am at Amore Restaurant on Groesbeck just south of K-mart.
Hope to see you there!

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Please register for all
Classes and Programs

SPORTS

Sports phone #'s can be located on pg. 3

BADMINTON (Players Needed)

Mondays	No Fee	2:30-4:00
Wednesdays	No Fee	9:00-11:00
Fridays	No Fee	9:00-11:00

BASKETBALL

Fridays	No Fee	2:30-4:15
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No Basketball November 21 due to Kiwanis Food Sort.

BOCCIE BALL

\$20/Season

Thursdays		9:00-1:00
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Call Wanda for more info. (586) 723-8076.

HORSESHOES

Monday/Thursday	No Fee	9:30-12:00
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For more info. call Frank @ 586-226-8949. **New players always welcome! Drop in for a friendly game. Resumes in Spring.**

PICKLE BALL

Thursdays	No Fee	11:30-1:30
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It's the latest sport to hit the courts!

Played on a badminton court with a paddle and a wiffle ball! Why not give it a try? Pick up a flyer!

SHUFFLEBOARD

Season runs from May - August

Tuesdays	No Fee	9:00-11:00
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TABLE TENNIS - PRACTICE

Tuesdays	No Fee	1:30-4:15
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Thursdays*	No Fee	1:30-4:15
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* = Cancelled day of dinner dance monthly.

TENNIS PRACTICE @ Senior Center

Wednesdays	No Fee	11:00-12:00
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Open gym time is available to practice and develop skills with Cecil Muysenberg.

VOLLEYBALL (CO-ED)

Mondays	No Fee	9:00-10:00
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Tuesdays	No Fee	9:00-11:00
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Tuesdays resume September 2nd.

VOLLEYBALL (REGULATION)

Tuesdays	No Fee	11:00-1:00
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Fridays	No Fee	11:00-1:00
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No Regulation Volleyball Nov. 21 due to Kiwanis Food Sort.

TENNIS @ PEACHTREE TENNIS CLUB

- Monday \$5.00 1:00-2:30
- Tuesday \$5.00 10:00-11:30
- Wednesday \$5.00 1:00-2:30
- Thursday \$5.00 1:00-2:30
- Friday \$5.00 1:00-2:30
- Tennis is played indoors at Peachtree, 37600 Little Mack at Weybridge. New tennis balls are NOT included in the price. Existing club tennis balls are available for you or you can bring your own. Senior Center membership is required and you MUST purchase a special \$75.00 corporate rate membership from Peachtree to participate. Any senior in the Clinton group who wishes to rent the courts or play/sub on Peachtree leagues on a regular basis is required to play at least 50% of the time in the CT program. For more information call: 469-7000.



Looking to stay young at heart? Why not join the Bill & Toni Lee Wellness Center? You will not only feel better, but you will add quality to your years!

Why delay - join us today.

Only \$40 per year

Center Membership Required - 9 a.m-4 p.m.

Bill & Toni Lee Wellness Center (Formerly) FITNESS ROOM

- Any member interested in using the wellness center MUST successfully complete our senior orientation prior to using the room or equipment. Before you make an appointment for this orientation, **you must have a current PHYSICIANS RELEASE OF LIABILITY form completed, signed by your doctor and your annual \$40 dues paid.** Your form expires **ONE YEAR** from the **DATE** the doctor signed the form. (No exceptions) Please bring a towel and dress in workout attire. If you are unable to make your scheduled appointment, please call to cancel your appointment. (Max. 4 people per orientation)
- Orientation is held only on Thursdays from 2:00-4:00 p.m. You must be in attendance the entire 2 hours.

CONGRATULATIONS!

SENIOR CENTER 2008 STAR ATHLETES

Participant	Placement	Category
Wanda Vasko	3 Gold	Badminton
Isobel Wilson	2 Gold	Badminton
Bernard Snay	1 Gold, 2 Bronze	Badminton
Norm Heinrich	1 Bronze	Badminton
Betty Davies	2 Silver	Badminton
Arlen Quigley	3 Gold	Badminton
	1 Silver, 1 Gold	Table Tennis
Peg Quigley	2 Silver	5k, 10k Cycling
Dick Churilla	1 Silver	Bowling
Lourdes Olaquer	1 Gold, 1 Silver	Bowling
Helen Speelman	1 Bronze, 1 Silver	Bowling
Bill Star	1 Gold, 2 Silver	Table Tennis
Tomiko Jomes	3 Gold	Table Tennis
Carolyn Solenburger	3 Gold	Table Tennis
Roselie Haduch	1 Silver, 1 Gold	Table Tennis
	1 Gold	Volleyball
John Zentner	1 Gold, 1 Silver	Table Tennis
Steve Pankewicz	1st Place	Horseshoes S/D
Harold Norman	1st Place	Horseshoes S/D
Chuck Shinn	2nd Place	Horseshoes S/D
Dick Churilla	2nd Place	Horseshoe Dbls
Frank Cusumano	3rd Place	Horseshoe Dbls
John Wegener	3rd Place	Horseshoe Dbls

Congratulations Michigan Senior Olympians!



2008 Sr. Volleyball Champs
McKenny's Mechanics

~~~~~  
Team Manager: Russ McClarren  
Team Captain: Paul Schneider



**2008 Sr. Softball League & Tournament Champs**

~~~~~  
Team Captain: Steve Prisby
Managers: Bill Trainor & Russ McClarren



Sr. Olympic Horseshoe Champs

~~~~~  
Sr. Center Horseshoe Leader: Frank Cusumano

# Clinton Township Senior Adult Life Center

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Please register for all  
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## Foot Care

- ✶ Appts. on the last Wed. of each month
- ✶ By appointment only
- ✶ 20 minute appointments
- ✶ Schedule @ Sr. Center reception desk
- ✶ Covered by most insurances & Medicare.  
Not a FREE Service.

Dr. Jennifer Somers of the Hosey Foot and Ankle Centers will be here on:

|           |             |           |
|-----------|-------------|-----------|
| Wednesday | November 19 | 9:00-Noon |
|-----------|-------------|-----------|

Dr. Edmund Kowalchick of the Michigan Foot and Ankle Institute will be here on:

|           |                |           |
|-----------|----------------|-----------|
| Wednesday | No Dec. Appts. | 9:00-Noon |
|-----------|----------------|-----------|

## HOLISTIC SPA SERVICES

### Manicures & Pedicures (By Appt.)

Looking for some pampering?...Let Kameelia, Licensed Cosmetologist, fix you right up! You will leave feeling like a new person.

|         |                       |
|---------|-----------------------|
| Mondays | 9:00 a.m. - 3:00 p.m. |
| Fridays | 9:00 a.m. - 3:00 p.m. |

Regular Manicure .....\$9 .....1/2 hr.  
Hot Oil Manicure .....\$10  
Pedicure .....\$25 .....1 hr.  
Combination .....\$30 .....1 1/2 hr.

Fees are payable to the manicurist at time of service. Please notify us of cancellations by 4 p.m. of the business day preceding your appointment.

## Massages & Reflexology (By Appt.)

|           |                        |
|-----------|------------------------|
| Tuesdays  | 9:00 a.m. - 12:00 p.m. |
| Thursdays | 1:00 p.m. - 4:00 p.m.  |

### \$8 or \$16 chair or table



An \$8 massage (Just Enough Time - 11 mins.) will focus on your hands, back, shoulders and neck. \$16 will extend the above services for 25 mins. A great deal compared to what you'd pay outside of the center! **Choose a massage and/or a reflexology session.** Reflexology, as seen on Oprah with Dr. Oz, is a technique on

your feet and hands and that will help heal the whole person - not just the prevailing symptoms. Shown effective for migraines, arthritis and back pain, sleep disorders, digestive disorders, hormonal imbalances and other conditions. Call (586) 286-9333 today to schedule your appointment with Roberta!



## HOLISTIC HEALTH SERVICES

### Blood Pressure Screenings No Fee

|           |             |       |               |
|-----------|-------------|-------|---------------|
| Tuesday   | Nov. 4      | 10:00 | C. Reidel     |
| Wednesday | Nov. 12     | 10:00 | N. Hendrix    |
| Tuesday   | Nov. 18     | 11:00 | Dr. Caligiuri |
| Wednesday | 26 - Cancel | 10:00 | P. Rizzi      |

|           |             |       |               |
|-----------|-------------|-------|---------------|
| Tuesday   | Dec. 2      | 10:00 | C. Reidel     |
| Wednesday | Dec. 10     | 10:00 | N. Hendrix    |
| Tuesday   | Dec. 16     | 11:00 | Dr. Caligiuri |
| Wednesday | 24 - Cancel | 10:00 | P. Rizzi      |

## ATTENTION NEWSLETTER READERS

Our newsletter is free to all members of the center. You must notify the center by phone or in person when you leave town or when you move. If you do not notify us and your newsletter is returned to us by the post office, you will be charged a fee to be reinstated as we paid to send you your newsletter and paid again when it was returned to us. Our membership fees are considered lifetime fees as long as you remain a resident of the township. If you do not notify us of a new address in Clinton Township or if you are temporarily away, and your newsletter is returned, you will be charged \$5.00. If you move out of Clinton Township, you will be charged a one time fee of \$20 for a single person, or \$30 for a couple, to retain your membership. All other conditions of membership would remain the same. By signing the pick up list at the front counter in the lobby, you can further reduce our postal expense by picking up your newsletter at the center when it is ready which is usually by the fourth Monday, every other month. Call first to make sure they are in.



# Clinton Township Senior Adult Life Center

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## Closings & Cancellations

November & December 2008

| Day           | Date       | Area Affected       | Description    |
|---------------|------------|---------------------|----------------|
| Tuesday       | Nov. 4     | Gym Closed          | Election Day   |
| Monday        | Nov. 11    | Center Closed       | Veteran's Day  |
| Thursday      | Nov. 20    | Gym Closed @ 1 p.m. | Dance Set Up   |
| Friday        | Nov. 21    | No a.m. Walking     | Dance Clean Up |
| Thurs. - Fri. | Nov. 27-28 | Center Closed       | Thanksgiving   |
| Thursday      | Dec. 18    | Gym Closed @ 1 p.m. | Dance Set Up   |
| Friday        | Dec. 19    | No a.m. Walking     | Dance Clean Up |
| Wed. - Thur.  | Dec. 24-25 | Center Closed       | Christmas      |
| Wednesday     | Dec. 31    | Center Closed       | New Year's Eve |

### Weather & holiday closings:

There will no senior night cards, bus service or activities on any holiday in which the Senior Center/Civic Center is closed. **Please note**, the Senior Center will be closed if Chippewa Valley Public Schools cancel school for inclement weather. If in doubt, please contact the Senior Center first before making a trip over. (586) 286-9333. It is your responsibility to know when the center is closed, please mark your calendars as needed.

## Look What Our Seniors Are Up To Now!



*Finalist #2, Lourdes Olaquer (left)  
Clinton Township, Michigan*

Lourdes is actively involved in entertaining whenever she can. She belongs to the Warren Singing Sensations and entertains in Senior Centers in the area. She is currently President of the Michigan Senior Cameo Club and

past president of the Northeastern International Toastmasters Club. She was honoree for the Federal Woman of the year Award for the Technical/Clerical field.

Lourdes' special interests include writing, physical fitness, ballroom, square and tap dancing, along with bocce ball and bowling. Lourdes worked 35 years at the US Army Tank Automotive Command. She is a three-time breast cancer reoccurrence survivor and at 82 years of age works as a Kelly Girl part time.

Lourdes is a shining example of how to grow old gracefully and have fun while doing so. She believes longevity is keeping fit and eating healthy but most of all having a positive attitude no matter what challenges you are faced with. She wants to work with seniors and young people to tap their gold minds because we can learn from each other.

Finalist #2 in the Senior Ms. Michigan 2008 Pageant, Lourdes Olequer is a mother of 3, a grandmother, great grandmother and, believe it or

# Traveling with the Wanderers

## TRAVEL INFORMATION

We sure hope you enjoy the wide variety of trips that we have to offer. After discussing the trips availability with Jo Walen, our travel specialist, **payment options are as follows:**

1. Jo will be available on Wednesdays from 10 a.m. to Noon to accept payments or deposits.
2. Leave a check at the Senior Center reception desk with your name, name of the trip and information covering all parties included with the payment. OR
3. **Mail a check to:** The Clinton Twp. Senior Center, 40730 Romeo Plank Rd, Clinton Twp. Mi. 48038  
All checks or money orders must be made payable to: Clinton Township Senior Center.

**If you have further questions, Jo Walen can be reached at (586) 566-7677**

**(Please no calls after 8 p.m.)**

**James Buckley ~ Secretary**

**Florence Calcaterra ~ Treasurer**

### Day Trips

Payment in full must be made at the time of registration to reserve your place. Payment can be made by **check or money order made payable to: Clinton Township Senior Center.** Your cancelled check is your receipt. No cash will be accepted.

Include your name, phone number, address, city and zip for all parties covered by the payment. All travelers on one-day trips who do not have a Medical release of liability form, must fill one out and have one on file **PRIOR** to the trip departure. Please update your forms as information changes.

### Extended Travel

It is preferable that deposits be made in person to Jo Walen. Final payments may be made by mail or left at the front office. Please include the required information with your payment, place it in an envelope for Jo Walen, and deposit it with the reception desk at the Senior Center. If you are considering any trip, do not hesitate to make a deposit early or the trip may be cancelled due to what appears to be a lack of interest. Please book early to avoid disappointment. Deposits are refundable up to the final payment date. All refunds are processed through the Twp. Accounting office so there is an approx. 3-4 week processing period to receive the check. Please be patient.

### Boarding the Coaches

All trips will board and depart from the Civic Center parking lot. Plan to arrive at least 15 minutes prior to the departure time. Unless otherwise advised, the front seat of each side of the bus is reserved for the escort. Boarding the bus in an orderly fashion will take place as travelers arrive. On all trips, parking will be in the last two-three rows closest to the exit driveway in the Northeast corner of the Civic Center parking lot. There is no refund for cancellations received the day of the trip or for "no shows".

### Passport Rules

You will need a passport by January 1, 2009 if traveling across a land border to Mexico or Canada. New U.S. Biometric passports are being issued; however, you will NOT need to get one until your current passport runs out. The Biometric Passport will have a tiny informational chip stored in it. The charge for the passport is \$97 and it is good for 10 years. The State Dept. is looking for a cheaper solution for land border crossings. For Canadian land border crossings, the State Dept. is looking into the concept of a "travel card" (a single card to fit in your pocket). It would be considerably cheaper and look like a drivers license.

# Travel with the Wanderers and Leave the Driving to Us!

If you would like detailed information about any of the trips listed below, please come in to the center and pick up a flyer.



## TRIPS TO CANADA

U.S. Citizens DO NOT REQUIRE A PASSPORT. See a flyer for further details on Customs requirements. Please note: Passport Cards are now available for your purchase if you are interested.

|                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                          |                                                                 |
|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|-----------------------------------------------------------------|
| Nov. 25                                                                             | White Christmas                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 1 Day – Tuesday          | \$89 p.p.                                                       |
|    | Join us at the Fox for Irving Berlin's White Christmas. Main floor tickets This holiday treat will be full of familiar great songs that we will all recollect. Lunch is included at the Hockeytown Restaurant will allow us easy access to the theatre.                                                                                                                                                                                                                                                   |                          |                                                                 |
| Nov. 30 - Dec. 2                                                                    | Mountaineer                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 3 Days – Sun. thru Tues. | \$239 p.p. Dbl.<br>- \$75 Rebate for a total of \$164 p.p. Dbl. |
|    | Wow! What a trip! We will plan on a mid afternoon arrival at our four star accommodations in West Virginia, so we will have some gaming time available that day. But wait...live thoroughbred racing is also available that evening. Not too impressed with horses? Then how about the dog tracks to try your luck at, or even win at the casino on the following day. More to come, with a visit to the holiday festival of lights before we start for home. All this and a casino rebate (\$75.00) too! |                          |                                                                 |
| Dec. 7-8                                                                            | Niagara Falls                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 2 Days/1 Night           | \$149 p.p. Dbl.                                                 |
|   | We will visit two casinos on this overnight trip. One casino will be the Seneca in New York & the incredible Niagara Falls View Casino in Canada. We will receive a package at each location that will total \$35. This will make your actual purchase price for the trip \$114. Motorcoach tour through the Christmas Festival of Lights.                                                                                                                                                                |                          |                                                                 |
| January 18, 2009                                                                    | Grosse Pointe Theatre                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 1 day – Sunday Matinee   | \$45 p.p.                                                       |
|  | We will travel by Smart bus to the Grosse Pte. War Memorial Theatre to see the romantic musical comedy called "The Boy Friend". In this spoof of the 1920's, Polly, the heiress, falls in love with a delivery boy. Needless to say, mom & dad do not approve, so things become complicated..... and funny! But not to worry, a happy ending is in store. A meal at Dimitri's Rendevous will be included.                                                                                                 |                          |                                                                 |
| March 1, 2009                                                                       | Grosse Pointe Theatre                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 1 day – Sunday Matinee   | \$45 p.p.                                                       |
|  | Oh my Goodness, in "The Underpants" Louise loses her bloomers in public! No scandal happens as a result, but this is the basis for this comedy that has an unusual and different story line. Louise and husband do lose their conservative existence, however, when two men who are attracted by the incident, enter their lives. We will use a Smart bus for transportation and have an included meal at Jovan's restaurant.                                                                             |                          |                                                                 |
| Mar. 15-20, 2009                                                                    | Myrtle Beach & Charleston                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                          | \$749 p.p. Dbl.                                                 |
|  | This is a great trip at a GREAT PRICE, so pick up a flyer & learn all about it. We will visit The Carolina Opry show, Brook Green Gardens and The Good Vibrations musical. Shopping or relaxing time will be available. Also, put a day of Charleston sightseeing on your list and an overnight in Kentucky with a visit to Berea on the way home. Three nights at Myrtle Beach ocean front guest rooms and breakfast every morning will be ours too!                                                     |                          |                                                                 |
| The Gaithers' Homecoming Tour is coming March 2009 – Watch for more details.        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                          |                                                                 |



# Clinton Township Senior Adult Life Center

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Classes and Programs

## SENIOR CENTER FUND RAISING NEWS

### Donations since the last Newsletter

Roberta Eggart

Kameelia Akasheh

Senior Center Investment Group

Moravian Meadows Association  
in memory of Mr. William Robb

Joyce Peplinski • Pauline Miller

Evola Music • Father Paul Xeureb

Anthony & Mary Lou Shalhoub  
in memory of his sister, Jeannette Shalhoub

Clinton Twp. Silver Singles  
in memory of Dorothy Foreman

### Donations continue...

#### • Make A Donation. Make A Difference!!

• The Clinton Twp. Senior Adult Life Center is  
• passionate and committed to healthy aging and we  
• take pride in our successes. We are so excited about  
• the completion of our new Bill and Toni Lee Health  
• and Wellness Center. We are now looking forward to  
• our next expansion and renovation project! Please  
• consider making a donation to the senior center.  
• Envelopes are available for funeral and memorial  
• services if you wish to designate the Senior Center  
• as a charity of choice in your funeral pre-planning  
• documents.



## ENTERTAINMENT BOOKS On Sale Now! Only \$20

Purchase your 2009  
Entertainment book and  
receive a 2008 book FREE!!  
Entertainment books make  
great gifts for the holidays,  
or any occasion. All  
proceeds benefit the Senior  
Center.



The next "Rags to Riches" 50/50 drawing  
will be held on Friday, December 12, 2008!

Stop by the front desk each week to  
purchase your chance to win!

### GIVE BACK TO THE COMMUNITY!

Why stand in long lines returning your pop  
bottles and other returnables? Why not put  
that money to good use? Did you know that we  
collect **bottles and cans** in room 5 to benefit  
your senior center? We also have an **eye glass**  
collection box near the main restrooms for the  
Lions Club. Donations of **Campbell soup labels**  
and **ink cartridges** are also accepted.

### Be Our Partner in Promoting Healthy Aging Senior Center Donation Form:

Enclosed is my gift of \$ \_\_\_\_\_  
to support the Senior Center.

Donor: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

THIS GIFT IS IN: Memory of \_\_\_\_\_ Honor of \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

#### Make checks payable to:

Clinton Twp. Senior Center  
40730 Romeo Plank Road  
Clinton Township, Mi. 48038

*A confirmation letter will be sent  
to the donor & the recipient.*

# Special Thanks to Our 2008 Pasta Fest Sponsors, Donors and Volunteers



**Platinum Plus Sponsor:** George Development, LLC

**Platinum Sponsor:** Baker College

**Silver Plus – Sponsors:** Michigan Foot and Ankle Institute, PC  
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**2008 Pasta Fest Committee:** Barry Burnham, Matt Makowski, Debbie McClellan, Maria Clevio, Wanda Vasko, Donna Tinker, Sam Parrinello.

**Special thanks to:** All of the volunteers who helped make the 2008 Pasta Fest such a huge success, and the Clinton Township DPW.

*We couldn't have done it without all of you!!!!*



Clinton Township Senior Center & Clinton Valley Kiwanis Club  
Annual Thanksgiving

# Non Perishable FOOD DRIVE



## canned goods

beans  
tuna  
soups  
vegetables

## boxed foods

juice  
rice  
pasta  
bread  
stuffing

## household items

soap  
sponges  
paper  
products

Non expired, non-perishable food items can be delivered to the Senior Center between Nov. 13-20, 2008. Monetary donations are also accepted so we can purchase frozen turkeys, pies, milk, fresh vegetables & bread for the families boxes. All boxes that are prepared will be locally distributed in our community. Please help us to help others in need. For more information please contact Matt Makowski at 286-9333.



# *The Second Annual Senior Center Giving Tree*



Please join us in giving back to our community this upcoming holiday season. The Senior Center has once again teamed up with the Macomb Intermediate School District's Homeless Education project to provide much needed items for the homeless children **in our school districts**. You may be surprised to learn that last year over 514 homeless children in Macomb County schools were given assistance. **Let's show them that we care by working together to make the holidays brighter for them!**

Please join us at 9:30 a.m. Thursday, November 20, 2008 as we begin the giving season with a special Holiday Tree Trimming Breakfast.

(Please see page 9 for more details.)

If you are unable to join us at the tree trimming, please feel free to take a tag from the tree, return the unwrapped item from the tag to the Senior Center office **no later than Wednesday, Dec. 17th, 2008 for distribution**. See the front desk for a complete list or call us at (586) 286-9333.

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## COMMUNITY NOTICE

Clinton Valley Lions Club is looking for new members. If you are looking for a way to help your community and have fun while doing it, join us at our next meeting. Meetings are held the 1st and 3rd Thursdays at 7pm at Fern Hill Country Club, Clinton River Road east of Garfield Rd. For more information please call (586) 939-4230.

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|----------------------|------------------------|
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## *Congratulations Anna Furnari*

The Clinton Township Senior Center would like to thank Anna Furnari for her dedicated and loving service to the seniors of our community. Anna has served as our Tuesday and Thursday part time receptionist since 1998.

We wish her well!!

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